

New Things Happening at the Clubhouse

The Adventure House has a couple of new additions. We have a new green house project that will hopefully offer opportunities for members to learn gardening skills and how to grow a variety of foods and landscaping plants. We hope to provide the Kitchen and the Snack Bar with healthy vegetables to add to their menus. Plans are also to propagate inside house plants for beautification of the Clubhouse. Our project will save a lot of money for the Clubhouse. It will also have many positive benefits for members by having a relaxing activity with a very productive outcome.

By James Linder



Clubhouses try to encourage healthy living on a regular basis. Adventure house has a great Wellness Program that provides encouragement to stop smoking as well as encourage healthy diet and exercise. The Kitchen unit has made adjustments to the menu by offering lower sugar desserts and cutting back on carbs. The Salad Bar is a great choice for all people watching their weight or diabetics. The Clubhouse has now opened a gym area that offers five different machines to work out on as well as a great workout area for weight loss DVD's.

All of the members and staff have been very excited about and are taking advantage of this added area. We hope that this new opportunity continues to be exciting and useful to everyone at the Clubhouse.

By Genia Robinson



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Adventure House News

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We Saw The Sign



We finally got our Downtown sign done and hanging on the side wall of Pleasant City Wood Fire Pizza (where we have some T.E. positions also). The wall space is offered to non-profits to hang a 12x8 "Hand Painted Sign". So as usual with the help of the members, staff and even a board member, we were able to design and complete the three color masterpiece.

We had people working on the sign that didn't even know they knew how to paint until they tried and found out how good they were at this and subsequently enjoyed this process.

We first started the design from actual Adventure House photos. One photo was of a member earning his first paycheck, holding it up with a big smile on his face. Other photos are of people cooking and working in the Clubhouse. Down the middle of the sign are the words "Adventure House Offering Real Opportunities".

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Making the sign was a unique opportunity to advertise our wonderful place. We invite everyone from Cleveland County to come request a tour of our Clubhouse.

By Fred Mead

Business In The Snack Bar

A number of hard working members and staff like to work in the Adventure House Snack Bar Unit. It's fun and instructive. The work grows on you and it is a good experience to learn about small business. The prices are the same as stores like Wal-Mart. We sell snack foods, drinks and other useful small store products. There is good training on the cash resister, credit box and waiting on customers.

The bar itself has been remodeled into a railroad theme. Tommy Gunn, Sherry and Fred helped with this.

We also cook breakfast and lunch and offer special foods like Fred's Famous Omelets, brownies and pies. We have lemonade, tea, and coffee made everyday.

Come work with us, buy our products or share with us. You are most welcome here.

By Paul Pouchak

Adventure House

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My New Apartment

My name is Star Strickland and I'd like to tell you about my adventure about moving in an Adventure House Apartment. Before I moved in I lived in a very small camper with no running water, no stove, and a 5 gal. bucket with bleach water as a toilet.

When I moved in the apartment, it was like stepping into heaven. I'd never had it so nice before. The first week I just looked at the shower before using it. There was no bath and shower in the camper. I felt so special and still do. I feel so loved. There's nobody to boss me around and tell me what to do. Adventure House takes me where I want to go. I feel safe and secure. I hope I stay here because I just have problems staying alone. But Jesus and I are working on it.

By Star Strickland

New Members at Adventure House

Over the past two months we have had many new members come through our doors at Adventure House. We would like to introduce and welcome all of them to our Clubhouse.

Mark Hendrick is happy to be at Adventure House and is enjoying socializing and is excited to challenge himself to learn new things especially on the computers in the Administrative Unit.

Ann King comes to Adventure House from Piedmont Pioneer House She recently moved to Cleveland County and had been at home without a lot of social contact. She is happy meeting new friends and helping where she can in the Snack

Bar.

Let's welcome *Billy Lee* to the Clubhouse when you see him in the Snack Bar or out and about, let him know we are happy to have him here.

Sheneka Littlejohn is excited to be part of the Clubhouse and is very interested in learning skills to help her get a job in the future. She has helped with attendance in the Administrative Unit and quickly learned how to enter attendance into the computer.

James Linder came through the door of Adventure House and has not stopped yet. He loves participating in the Snack Bar but will help anywhere that he is needed. His excitement about our program is infectious he is even training to be a tour guide for the Adventure House.

Keith Malgeday has been in and out of the Clubhouse due to health reasons. He hopes to begin to feel better and take advantage of all of the opportunities the Clubhouse has to offer. Welcome Keith when you see him.

Make *Natalie Pina-Tlacomulco* feel welcome by introducing yourself to her. She spends time in the Administrative Unit when she is at the Clubhouse. She loves to walk ; so if you need a walking buddy, she is a great one to ask for encouragement.

Take time to get to know each new person and make them feel welcome. Encourage each one to become active in a unit and build relationships with all of our members and staff.

By Diana Boswell

Adventure House Players News



Rehearsals have been going well with the Adventure House Players skit Entitled "LET'S CHAT!!!" which will be performed on Thursday, April 23rd at 5pm at the Clubhouse. A Tim Pistol Production, it is hosted by Ingrid Johannson. She is a television hostess who has her own series where she invites guests who have helped her through her journey and other to talk about their stories dealing with mental illness. Such people are her great aunt who basically raised her after her parents abandoned her. Sister Anne, Sister Bertrill, and Sister Cissy, nuns from the order of the Heavenly Peace, have started a program to help the homeless who are dealing with mental illness. They tell their personal stories of dealing with mental illness in the convent. Ventriloquist Sam Dunlap and his puppet Pete bring humor to the topic of mental illness while showcasing their talent. Sherri Walker, a successful Comedian spreads her humor about her struggle with depression, and a Homeless gal who walks in off the street to tell her story which will break your heart in two. Stewie and Bernie, the cameramen who work for the show, decide to share their experiences after hearing the other guests stories. This not only surprises Ingrid but touches the audience as well. The Director and Stage manager try to control the show but finally decide the show is out of their

control. Last but not least the Green Maggot Band entertains the audience. All of these characters are performed by a talented group of actors that make up the Adventure House Players. They are Crystal Byers, Antwon Wilkie, Geogiana Wright. Jonathan hopper, Shelia Wellmon, Lewis Acree, Brian Scott, Shenika Massey, Patricia Wiggs, Leslie Ramey, Byron Dorsey, James Cook, Danny Kiser, and the Band consisting of Drew Stallings, William Pearson and Denzel Robinson.

We look forward to seeing everyone on April 23rd at 5pm at the Clubhouse. You will be entertained and we guarantee an enjoyable afternoon for all. See you then!!

By Stan Logan

Adventure House Talent Show

The talent show at the Clubhouse was a blast. We had a lot of participation and everyone did an awesome job. Jeffery Ormand sang "House of the Rising Sun", Tracy Finney danced to "Everybody Dance Now", Trina McSwain sang "The Climb", Denzel sang "Avenged Seven Fold", Shenika Massey sang an Erica Badu song. William Vinson sang "Wade in the Water." Shelia Wellmon did her version of "Achy Breaky Heart" and I sang "Stay For A While" one of my original songs I wrote for my father.

The grand prize winner was me. Second prize went to William Vinson and the third prize winner was Shenika. After the contest we had a delicious dinner. It was a great night at the Clubhouse.

By William Pearson